

## City of Loma Linda Patio Garden

Senior Center  
25571 Barton Road  
Loma Linda, CA 92354

- Each garden container is 4' square and raised 35"
- Water and hoses are supplied by the City at no cost
- Garden tools are provided for your use, and are kept in the garden shed
- No cost just bring your plant seedlings and start your spring garden
- Free garden workshops and monthly newsletters

For additional information contact:  
Demerra Finnegan at: (909) 799-2800 ext. 514  
or Joanne Heilman at: (909) 799-2812



City of Loma Linda  
Administrative Office  
25541 Barton Road  
Phone: 909-799-2810  
[www.lomalinda-ca.gov](http://www.lomalinda-ca.gov)



Brochure design by:  
Demerra Finnegan

## Cultivate a Garden with Friends



"No occupation is as  
delightful to me as  
the culture of the earth,  
and no culture  
comparable to that of  
the garden.

I am still devoted to the  
garden. But though  
an old man,  
I am but a young  
gardener."

~Thomas Jefferson



## What Can Patio Gardening Do for You?

Supplies you with fresh, safe, herbs, fruits and vegetables

Learn about growing your own food, composting, and canning

Gets you out of the house for some fresh air and fun

Provides an excellent way to exercise

Provides a place to garden with friends and family

Brings people to a common safe place where they can share information and learn from one other

## Health Benefits of Gardening

**Recent research indicates that 30 minutes of moderate exercise daily, such as gardening:**

- Lowers blood pressure and reduces cholesterol levels
- Helps prevent diabetes
- Helps prevent heart disease
- Prevents or slows osteoporosis
- Gardening uses all major muscle groups—the muscles that do most of the calorie burning in the human body
- Helps fight anxiety and depression
- Helps one relax and feel less tense
- Improves the ability to fall asleep quickly and sleep well



## Gardening Activities for Seniors:

### **Gardening Clubs**

Gardening Clubs cultivate responsible gardeners, provide a means for gathering and disseminating knowledge about gardening, harvest friendships, and contribute service to the community.

### **Workshops**

Workshops are a great way to learn gardening and watering techniques, nutrition information, and also a great way to meet with fellow gardeners.

### **Recipe Exchange**

Recipe exchanges are a great way to share a favorite recipe and also to learn new recipes.

### **Vegetable Exchange**

Vegetable exchanges offer gardeners the opportunity to exchange produce with fellow gardeners.